First Day of Spring March 19th

When Spring is in the Air
By David Harris

You always know when spring is in the air; the trees start to show their blossom everywhere. Birds go through the ritual of picking their mate. Love seems to touch every living thing at this time of the year. Slowly courting couples will emerge from winter’s cold and find the warmth of spring. The sun will give us its grace and warm breezes will blow. Calling to everyone,

Seeking 4 volunteers to assist during the Centenarian Luncheon on various duties. Please see Danielle.

THE PLAYERS ACTIVITY MEMBERSHIPS

ANNUAL INDIVIDUAL $125
ANNUAL HOUSEHOLD (2 PERSON) $180
THREE MONTH $50

NEW WEDNESDAY LINE UP
9:40 – 10:40 Fun & Fit with Fran

Everyone is welcome to join in the fun, as this instructor led class will vary each week from shuffleboard, corn hole, stretching, and painting shirts. Fran will always keep it fun and exciting and most importantly you will create new friend connections.

10:45 – 11:45 Fun Flowing Yoga with Emile

Emile understands the importance of keeping our muscle tone, balance and improved mood as we age. Come join Emile as she changes your perception of yoga for seniors.

12:00 March 11th at 12:00 Wacky Wednesday Movie & Lunch $4

“50 First Dates” (90 min) Romantic Comedy
Starring: Drew Barrymore & Adam Sandler
A Hawaiian island playboy has to use his imagination to win over the girl of his dreams when he discovers she has no short-term memory. Every night he is erased from her memory so he has to make her fall in love with him all over again the next day...and the next...and the next! Sponsored By Our Community Partner Ponte Vedra Gardens. Palm Valley Road, 904.834.9164

THE PLAYERS ACTIVITY MEMBERSHIPS

UNIVERSITY PRESIDENTS

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Birds go through the ritual
of picking their mate.
Every living thing
at this time of the year.

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TUESDAYS AND THURSDAYS

PLEASE ARRIVE BY 11:30 A.M. FOR LUNCH ON TUESDAYS AND THURSDAYS

Reservations are required
1 week in advance
Please Call 280-3233
See Menu at www.coasjc.org

Understanding Alzheimer’s & Dementia
Tuesday, March 3 at 11:00 a.m.
Presented by the Alzheimer’s Association

Non-Surgical Knee Pain Treatments
Thursday, March 5 at 11:00 a.m.
Dr. Jackson with Physical Health Care Jax

What is Concierge Medicine?
Tuesday, March 10 at 11:00 a.m.
Presented Direct Orthopedic Therapy/Mobile Rehab Services

The Scoop on Poop
Thursday, March 12 at 11:00 a.m.
Community Hospice Explains

Thank you Julie w/ Ponte Vedra Gardens for sponsoring our Birthday Cake! For more information, call 904.834.9164

$5 St. Patty’s Day Party
with Andrew Shukle
Tuesday, March 17 at 11:00 a.m.
Fun brought to you by Direct Orthopedic Mobile Therapy 236.9809

Don’t be an Arse!
Tuesday, March 24 at 11:00 a.m.
Come play the board game with Nancy

Do You Need a Living Will?
Thursday, March 26 at 11:00 a.m.
Esquire Megan Wall Explains Further

Guess Who’s Back?!!
Tuesday, March 31 at 11:00 a.m. Lou Parisi Sings

Save the Date!
THURSDAY, APRIL 9
EASTER PARTY!

VIGNETTE STATEMENT
“To promote the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community.”
**Exercise Programs**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><strong>Closed on Monday’s Caregiver Support Group</strong> 12:00 at PV Memory Care Center 1048 A1A N 904-209-3674</td>
<td><strong>9:00-12:00 Social Bridge $0/$4</strong> 9:00 Chair Yoga with Alison $0/$4 10:00-11:00 Easy Exercise with Betty 10:00-11:00 Current Issues Group 10:00-2:00 Hand &amp; Foot Canasta $0/$4 10:30 Walking Club C 1:00-2:00 Bingo ($0.50 per card) (3 cards for $1)</td>
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<td><strong>11:00-12:00 Beginner Tai Chi $0/$4</strong> 12:00-1:00 Tai Chi $0/$4 12:45-3:30 Duplicate Bridge (bring a partner) $0/$4</td>
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| **Senior Center Hours**
Closed on Monday’s Tuesday’s & Thursday’s
8:00 a.m. – 4:00 p.m.
Wednesday’s
8:00 a.m. – 3:00 p.m.
Friday’s
9:00 – 4:00 p.m.

Library and Computer Lab are Available during business hours

Lunch is served at 12:00 p.m.
Please arrive 30 minutes early.
Reservations are required for lunch everyday.
Call (904) 280-3233 or Email: djohnson@stjohnscoa.com

**Pricing:**
Member/Non-Member
Example: $0/$4
*C = Complimentary
** = Special Pricing

**March 2020**